



Aussie Beef & Roast Veggie-Kale Bowl

with Parmesan Crisp & Herby Mayo

NEW

Grab your Meal Kit with this symbol



Potato



Carrot



Zucchini



Beetroot



Beef Strips



Aussie Spice Blend



Parmesan Cheese



Kale & Spinach

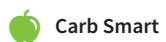


Dill & Parsley Mayonnaise



Chicken Tenderloins

Prep in: 20-30 mins
Ready in: 40-50 mins



Carb Smart

Eat Me Early*

1 *Custom Recipe only

This is a real 'all-rounder' meal. You've got your meat and four veg, a fancy Parmesan crispy and a herby mayo combo. So simple and so quick!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Vinegar (White Wine or Balsamic)

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
carrot	1	2
zucchini	1	2
beetroot	1	2
beef strips	1 small packet	2 small packets OR 1 large packet
Aussie spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
Parmesan cheese	1 medium packet	1 large packet
kale & spinach	1 medium bag	1 large bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
chicken tenderloins**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2460kJ (588Cal)	366kJ (87Cal)
Protein (g)	44.7g	6.6g
Fat, total (g)	28.1g	4.2g
- saturated (g)	6.9g	1g
Carbohydrate (g)	38.1g	5.7g
- sugars (g)	17.8g	2.6g
Sodium (mg)	799mg	119mg
Dietary Fibre (g)	7.3g	1.2g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2404kJ (575Cal)	338kJ (81Cal)
Protein (g)	51.7g	7.3g
Fat, total (g)	23.4g	3.3g
- saturated (g)	4.7g	0.7g
Carbohydrate (g)	38.1g	5.3g
- sugars (g)	17.8g	2.5g
Sodium (mg)	801mg	112mg
Dietary Fibre (g)	11.7g	1.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **potato**, **carrot** and **zucchini** into bite-sized chunks. Cut **beetroot** into 1cm chunks.
- In a medium bowl, combine **beef strips**, **Aussie spice blend**, a drizzle of **olive oil** and pinch of **salt**.

Custom Recipe: If you've swapped to chicken tenderloins, prep chicken tenderloins the same way as the beef strips.



Cook the beef

- Meanwhile, in a large frying pan, heat a drizzle of **olive oil** over high heat.
- When oil is hot, cook **beef strips** in batches, tossing, until browned and cooked through, **1-2 minutes**. Transfer to a plate and set aside.

TIP: Cooking the meat in batches over high heat helps it stay tender.

Custom Recipe: In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins, until browned and cooked through (when no longer pink inside), 3-4 minutes each side. Transfer to a plate and set aside.



Roast the veggies

- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **25-30 minutes**. Allow to cool slightly.



Bring it altogether

- To tray with roast veggies, add **kale & spinach** and a drizzle of the **vinegar**, tossing to coat.
- Season to taste.



Make the parmesan crisp

- When veggies have **10 minutes** remaining, place **Parmesan cheese** in even circles (1 per person) on a second lined oven tray.
- Bake until cheese is golden and crisp at edges, **6-8 minutes** (watch it doesn't burn!).

TIP: The Parmesan crisps will become crisp as they cool.



Serve up

- Divide roast veggie-kale toss between bowls.
- Top with Aussie beef, **dill & parsley mayonnaise** and a Parmesan crisp to serve. Enjoy!

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